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Reserve

Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

INSTITUTIONAL FOOD SERVICE
(Washington News)

☆ OCT 6 1944

Leafy, green, and yellow vegetables really come into their own in summertime, with Victory Gardens from coast to coast helping to swell the supply. String (snap) beans are abundant now in the East, various greens are abundant locally, and soon green peppers will be plentiful. Feature some of these daily:

Leafy: Lettuce, escarole, spinach, beet and turnip greens, swiss chard, parsley, water cress, mustard, collards, kale.

Green: Peas, broccoli, asparagus, green peppers, string (snap) beans.

Yellow: Carrots, sweet potatoes, yellow squash.

How to buy and store: For maximum food value, select fresh, crisp, deep-colored vegetables free from blemishes and soft spots. If vegetables must be stored for a day or so, keep in a cool, dark place. Ninety percent of their precious Vitamin C will be retained when leafy, green vegetables are stored 24 hours at 40° F, but 50 percent of that vitamin will be lost if left at room temperature for 24 hours.

How to prepare: Clean vegetables just before cooking. Wash leafy vegetables quickly six or seven times, if necessary, without soaking. Lift them from the water to free the leaves from sand and foreign materials. Clean root vegetables with a stiff brush. Grade them for size before cooking to get the best results. Leave in large pieces to help preserve food value.

How to handle cooked vegetables: Nothing is less appealing to the eye or to the appetite than water-logged, overcooked vegetables. When cooking and serving vegetables, follow these rules:

1. Prepare vegetables just before they are cooked.
2. Cook quickly, in as little boiling, salted water as possible.
3. Use the steam-jacketed kettle for cooking leafy and green vegetables.
4. Don't add soda to the cooking water.
5. Cook until barely tender (additional cooking occurs on the steam table).
6. Plan the vegetable cooking so that freshly cooked vegetables can be served every 20 to 30 minutes.

An average serving of cooked carrots ($3\frac{1}{2}$ ounces) when properly prepared may provide sufficient Vitamin A (carotene) to meet 3 days' requirements of this vitamin for the moderately active man. Turnip greens, swiss chard, and beet greens each provide more than 1 day's needs. Peas provide one-seventh and string (snap) beans, one-eighth of the Vitamin A needs. Cooked turnip greens are also a good source of Vitamin C, providing nearly one-third of the daily requirement.

Here are some ways to build good will: Place a bowl of crisp carrot strips and strips of green peppers on the sandwich counter and invite the customers to help themselves. Arrange small tossed green salads at the end of the cafeteria counter as a "special and appetite tempter.

BEEF GREENS*

Average portion - 4 ounces cooked weight.

Ingredients	100 portions		500 portions	
	Measure	Weight	Measure	Weight
Young beet greens	:	50 lbs.	:	250 lbs.
Salt pork cubed and fried:	:	:	:	:
until crisp**	:	2 lbs.	:	8 lbs.
Onion, finely chopped	:	1 lbs.	:	4 lbs.
Salt	: 4 ounces	:	:	1 lb.

1. Wash the beet greens thoroughly in several baths of cold water.
2. Pick over and trim the greens, taking off blemished leaves and coarse stems.
3. Plunge the greens into boiling salted water in steam kettle having just enough water to cook the wilted greens.
4. Cook rapidly until tender, removing greens immediately from water.
5. Drain the greens thoroughly and toss with the diced fried pork, and the onion which has been cooked in the pork fat.

*Other young greens (spinach, dandelion, collard, turnip) can also be used.

**May use 1 pound bacon drippings in place of salt pork for each 100 portions.

TOSSED GREEN SALAD

Size or portion - 4 ounces

Ingredients	100 portions		500 portions	
	Measure	Weight	Measure	Weight
Leaf lettuce*	:	10 lbs.	:	50 lbs.
Spinach or other leafy greens**	:	3 lbs.	:	15 lbs.
Shredded raw carrots	:	6 lbs.	:	18 lbs.
Slivered green peppers	:	1 lb.	:	5 lbs.
Sliced fresh tomatoes	:	10 lbs.	:	50 lbs.
French dressing	: 1 pint	:	: 2 1/2 quarts	:

1. Clean the greens thoroughly, drain, and chill.
2. Prepare the vegetables and chill.
3. Cut the leaf lettuce coarsely, and cut the spinach leaves in pieces about 1/2 inch in diameter.
4. Toss the prepared vegetables together until well mixed.
5. Marinate with French dressing just before serving.

* Curly endive may be used instead of all or part of the lettuce.

**Any tender other young greens, such as collard, dandelion, mustard, turnip greens may be substituted.

War Food Administration, Office of Distribution.-- July 8, 1944

SUPPLEMENT TO PAGE 1

Serve more vegetables raw: Serve a raw vegetable bowl of several varieties of vegetables with a piquant French dressing. Add to the more usual salad vegetables some raw cauliflower, broccoli tops, strips of green pepper, slivers of turnips and carrots, or young tender spinach or chard leaves. Endive and escarole are good bases for salads instead of the commonly used lettuce.